

YELLOW GRAPE TOMATOES



Yellow grape tomatoes are relatively easy to grow, making them a popular choice for home gardeners. Try growing some grape tomatoes this summer!

PRODUCE PARTICULARS

Yellow grape tomatoes are packed with nutrients such as vitamin C, vitamin A, and antioxidants, which are important for overall health and immune function.

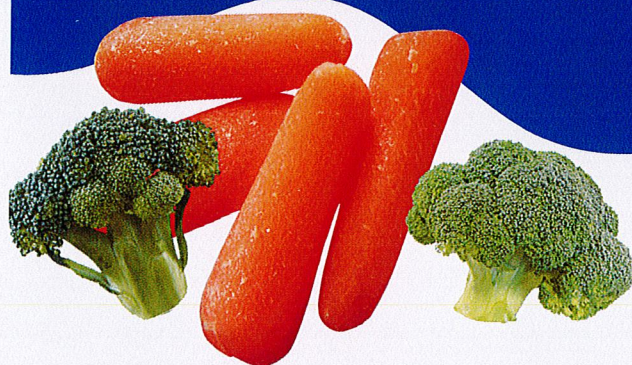
Like all tomatoes, yellow grape tomatoes have a high water content, which helps keep you hydrated and contributes to overall hydration levels.



Nutrition Facts	
1 serving per container	
Serving size	100 g
Amount per serving	
Calories	15
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.5mg	2%
Potassium 260mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

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BROCCOLI & CARROT



Did you know?

In the United States, California produces 90% of the broccoli consumed by the world!

PRODUCE PARTICULARS

Broccoli was first grown in Italy in ancient Roman times and was introduced to England and America in the 1700s.



Carrots have a special nutrient called beta carotene that helps you see well, grow strong, and stay healthy.



Broccoli is called the "Crown Jewel of Nutrition" because it has lots of amazing things in it that our bodies love, like fiber, Vitamin C, and Vitamin K. These nutrients keeps our tummies happy, our immune system strong, and our heart healthy!

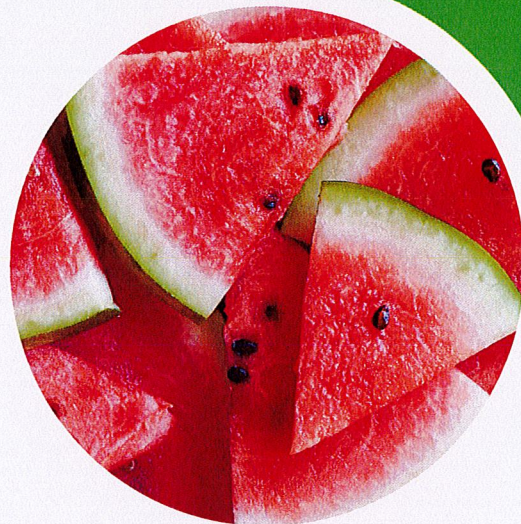


Nutrition Facts	
1 serving per container	
Serving size	100 g
Amount per serving	
Calories	40
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	10%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0.5mg	2%
Potassium 320mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Broccoli, Raw, Carrots, Raw

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WATERMELON



Watermelon is one of few foods to be classified as both a fruit and a vegetable!

PRODUCE PARTICULARS

Watermelon is grown in 44 states. Florida grows the most of any state.

Watermelon, just like tomatoes, is an excellent source of the antioxidant Lycopene, which is good for your cells.

Watermelons are named appropriately, as they are 92% water. An excellent snack for staying hydrated!



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Nutrition Facts	
1 serving per container	
Serving size	100 g
Amount per serving	
Calories	30
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 110mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Watermelon, Raw

GRAPE TOMATO MEDLEY



Originally developed in the 1990's, these tiny tomatoes have become popular because of their sweetness and one-bite size.



PRODUCE PARTICULARS

Grape tomatoes often grow in large bunches of around 20 fruits!

Grape tomatoes contain a great amount of Vitamin C and a good amount of Vitamin A.

Most of the Vitamin A in grape tomatoes comes from lycopene, which is the pigment in the tiny tomato responsible for its bright red color.

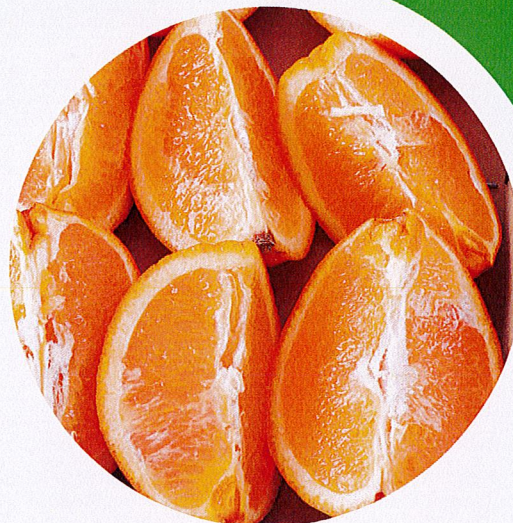
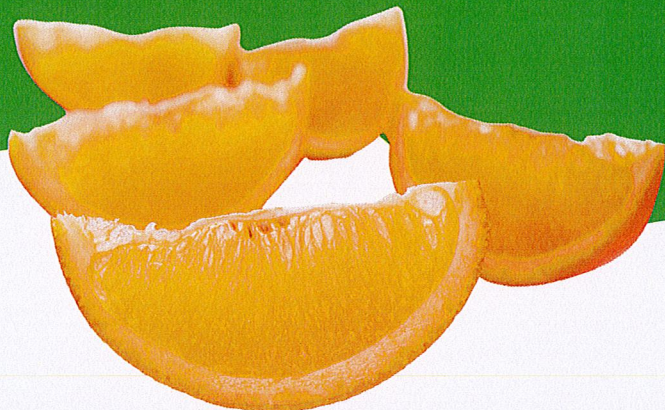


Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
Calories	20
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.3mg	2%
Potassium 240mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4
Protein 4	

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ORANGE WEDGES



85% of all oranges produced are used for juice.

Do you like orange juice?

PRODUCE PARTICULARS

Oranges contain vitamin C, a nutrient which plays an important role in the immune system. They also offer fiber, which has been shown to help manage cholesterol and blood sugar.

There are 600 varieties of oranges in the world. The primary orange varieties in Florida are Navel, Hamlin, Pineapple, Ambersweet, and Valencia.



Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
Calories	45
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	9%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0.1mg	0%
Potassium 170mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Oranges, Raw, Florida

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CUCUMBER SLICES



It only takes 12 weeks from planting seed to harvesting cucumbers. How many months is 12 weeks?

PRODUCE PARTICULARS

Cucumbers are made up of 95% water! Snacking on cucumbers can also help you feel fuller while hydrating you.



Because they grow from a plant blossom (flower) and have seeds, they are technically a fruit. Cool!



Cucumbers are a source of potassium, a mineral that supports a healthy heart and muscles.

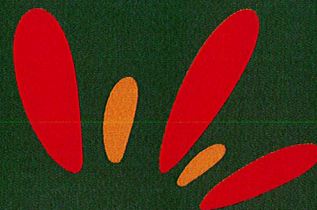


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Nutrition Facts	
1 serving per container	
Serving size	100 g
Amount per serving	
Calories	15
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	2%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.3mg	2%
Potassium 150mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Cucumber, With Peel, Raw

KIKU[®] APPLES



Discovered in 1990 by Italian fruit grower Luis Braun in Italy, the KIKU[®] apple originated from a single branch on an apple tree, which he cultivated to create the trademark variety.

PRODUCE PARTICULARS

KIKU[®] brand apples are very exotic, with super sweet taste, attractive striped ruby-red color, crunchy with firm flesh, and very juicy.

Like many apples, KIKU[®] apples are rich in vitamin C, which is essential for supporting immune health and overall well-being.

These apples can be enjoyed fresh as a snack, sliced in salads, or used in cooking and baking applications such as pies, crisps, and sauces.

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Nutrition Facts

1 serving per container
Serving size 2 oz (57g)

Amount per serving
Calories 30

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	5%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.1mg	0%
Potassium 60mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Apples, Raw, With Skin

MINI SWEET PEPPERS



These peppers come in a variety of colors.

Can you name all the colors you see?

PRODUCE PARTICULARS

Bell peppers, like most other peppers, are native to Central and South America.

Bell peppers are a great source of Vitamin C. Red bell peppers having the most Vitamin C!

Bell peppers grow in a variety of colors such as green, red, yellow, orange, purple, white, brown and even multicolored!



Nutrition Facts

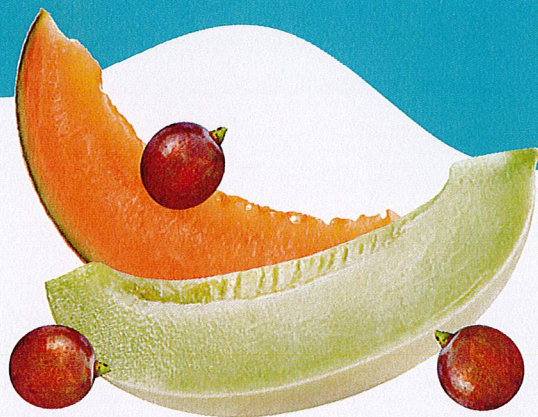
1 serving per container	
Serving size	100 g
Amount per serving	
Calories	30
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.4mg	2%
Potassium 210mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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MIXED FRUIT



What Colors do you see?

Try naming all the colors you see in this fruit pack!



PRODUCE PARTICULARS

Cantaloupe are very high in beta-carotene, which gives the fruit its beautiful orange coloring.



Honeydew is the sweetest of all the melon varieties.



Grapes are high in Vitamin K which helps the blood to heal wounds and builds healthy bones.



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 45

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	3%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 230mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Melons, Cantaloupe, Raw, Melons, Honeydew, Raw, Grapes, Red Or Green (European Type, Such As Thompson Seedless), Raw

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RAINBOW BABY CARROTS & CAULIFLOWER



Rainbow baby carrots have a naturally sweet flavor that appeals to kids and adults alike, making them a tasty and healthy snack option.

PRODUCE PARTICULARS

Carrots can be eaten raw, cooked, or even made into carrot cake!



Cauliflower is a flower! If left to grow, it would bloom into a big bouquet.



Farmers plant carrot seeds in cool weather—they grow best in the spring and fall!



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 30

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 55mg 2%

Total Carbohydrate 7g 2%

Dietary Fiber 2g 9%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.7mg 4%

Potassium 270mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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